



September 2015 Pool Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Lap Swim 5:30-7:40am Total Body Aqua 7:50-8:35am Aqua Pilates 8:45-9:25am Adult Swim 9:35-11:30am Lap Swim 4:00-5:45pm Swim Lessons 5:50-6:55pm Open Swim 7:00-8:30pm	2 Lap Swim 5:30-7:40am Blazin' Buoys 7:50-8:35am Deep Travel 8:45-9:25am Adult Swim 9:35-11:30am Lap Swim 4:00-6:15pm Aqua Pumped 6:20-7:00pm Open Swim 7:10-8:30pm	3 Lap Swim 5:30-7:40am Total Body Aqua 7:50-8:35am Aqua Yoga 8:45-9:25am Adult Swim 9:35-11:30am Lap Swim 4:00-5:45pm Swim Lessons 5:50-6:55pm Open Swim 7:00-8:30pm	5 Lap Swim 5:30-7:40am Aqua Fun Fit 7:50-8:35am Deep Pilates 8:45-9:25am Adult Swim 9:30-11:30am Lap Swim 4:00-6:15pm Deep Water Jog 6:20-7:00pm Open Swim 7:10-8:30pm	5 Aqua Zumba 8-8:50am Lap Swim 11:30am-12:55pm Open Swim 1:00-4:00pm Lap Swim 4:00-4:55pm Open Swim 5:00-6:30pm
6 Open Swim 1-4pm Lap Swim 4-4:45pm	7 Labor Day! Open Swim 1:00-4:00pm Lap Swim 4:00-4:45pm	8 Lap Swim 5:30-7:40am Total Body Aqua 7:50-8:35am Aqua Pilates 8:45-9:25am Adult Swim 9:35-11:30am Lap Swim 4:00-5:45pm Swim Lessons 5:50-6:55pm Open Swim 7:00-8:30pm	9 Lap Swim 5:30-7:40am Blazin' Buoys 7:50-8:35am Deep Travel 8:45-9:25am Adult Swim 9:35-11:30am Lap Swim 4:00-6:15pm Aqua Pumped 6:20-7:00pm Open Swim 7:10-8:30pm	10 Lap Swim 5:30-7:40am Total Body Aqua 7:50-8:35am Aqua Yoga 8:45-9:25am Adult Swim 9:35-11:30am Lap Swim 4:00-5:45pm Swim Lessons 5:50-6:55pm Open Swim 7:00-8:30pm	11 Lap Swim 5:30-7:40am Aqua Fun Fit 7:50-8:35am Deep Pilates 8:45-9:25am Adult Swim 9:35-11:30am Lap Swim 4:00-6:15pm Deep Water Jog 6:20-7:00pm Open Swim 7:10-8:30pm	12 Aqua Pumped 8-8:50am Lap Swim 11:30am-12:55pm Open Swim 1:00-4:00pm Lap Swim 4:00-4:55pm Open Swim 5:00-6:30pm
13 Open Swim 1-4pm Lap Swim 4-4:45pm	14 Lap Swim 5:30-7:40am Aqua Fun Fit 7:50-8:35am Deep Waves 8:45-9:25am Adult Swim 9:35-11:30am Lap Swim 4:00-6:15pm Aqua Zumba 6:20-7:00pm Open Swim 7:10-8:30pm	15 Lap Swim 5:30-7:40am Total Body Aqua 7:50-8:35am Aqua Pilates 8:45-9:25am Adult Swim 9:35-11:30am Lap Swim 4:00-5:45pm Swim Lessons 5:50-6:55pm Open Swim 7:00-8:30pm	16 Lap Swim 5:30-7:40am Blazin' Buoys 7:50-8:35am Deep Travel 8:45-9:25am Adult Swim 9:35-11:30am Lap Swim 4:00-6:15pm Aqua Pumped 6:20-7:00pm Open Swim 7:10-8:30pm	17 Lap Swim 5:30-7:40am Total Body Aqua 7:50-8:35am Aqua Yoga 8:45-9:25am Adult Swim 9:35-11:30am Lap Swim 4:00-5:45pm Swim Lessons 5:50-6:55pm Open Swim 7:00-8:30pm	18 Lap Swim 5:30-7:40am Aqua Fun Fit 7:50-8:35am Deep Pilates 8:45-9:25am Adult Swim 9:35-11:30am Lap Swim 4:00-6:15pm Deep Water Jog 6:20-7:00pm Open Swim 7:10-8:30pm	19 Aqua Jog 8-8:50am Lap Swim 11:30am-12:55pm Open Swim 1:00-4:00pm Lap Swim 4:00-4:55pm Open Swim 5:00-6:30pm

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
20 Open Swim 1-4pm Lap Swim 4-4:45pm	21 Lap Swim 5:30-7:40am Aqua Fun Fit 7:50-8:35am Deep Waves 8:45-9:25am Adult Swim 9:35-11:30am Lap Swim 4:00-6:15pm Aqua Zumba 6:20-7:00pm Open Swim 7:10-8:30pm	22 Lap Swim 5:30-7:40am Total Body Aqua 7:50-8:35am Aqua Pilates 8:45-9:25am Adult Swim 9:35-11:30am Lap Swim 4:00-5:45pm Swim Lessons 5:50-6:55pm Open Swim 7:00-8:30pm	23 Lap Swim 5:30-7:40am Blazin' Buoys 7:50-8:35am Deep Travel 8:45-9:25am Adult Swim 9:35-11:30am Lap Swim 4:00-6:15pm Aqua Pumped 6:20-7:00pm Open Swim 7:10-8:30pm	24 Lap Swim 5:30-7:40am Total Body Aqua 7:50-8:35am Aqua Yoga 8:45-9:25am Adult Swim 9:35-11:30am Lap Swim 4:00-5:45pm Swim Lessons 5:50-6:55pm Open Swim 7:00-8:30pm	25 Lap Swim 5:30-7:40am Aqua Fun Fit 7:50-8:35am Deep Pilates 8:45-9:25am Adult Swim 9:35-11:30am Lap Swim 4:00-6:15pm Deep Water Jog 6:20-7:00pm Open Swim 7:10-8:30pm	26 Deep Waves 8-8:50am Lap Swim 11:30am-12:55pm Open Swim 1:00-4:00pm Lap Swim 4:00-4:55pm Open Swim 5:00-6:30pm
27 Open Swim 1-4pm Lap Swim 4-4:45pm	28 Lap Swim 5:30-7:40am Aqua Fun Fit 7:50-8:35am Deep Waves 8:45-9:25am Adult Swim 9:35-11:30am Lap Swim 4:00-6:15pm Aqua Zumba 6:20-7:00pm Open Swim 7:10-8:30pm	29 Lap Swim 5:30-7:40am Total Body Aqua 7:50-8:35am Aqua Pilates 8:45-9:25am Adult Swim 9:35-11:30am Lap Swim 4:00-6:15pm Open Swim 6:20-8:30pm	30 Lap Swim 5:30-7:40am Blazin' Buoys 7:50-8:35am Deep Travel 8:45-9:25am Adult Swim 9:35-11:30am Lap Swim 4:00-6:15pm Aqua Pumped 6:20-7:00pm Open Swim 7:10-8:30pm	<div> <p>Sauna & Hot Tub Open During: Adult Open Swim - Open Swim -Lap Swim Water Fitness Classes</p> <p>Wading Pool Open During: Open Swim - Adult Open Swim - Lap Swim</p> </div>		
				800 South Park Lane Knoxville, IA 50138 641-828-0580 www.knoxvilleia.gov Building Hours: Monday-Friday 5a-9p Saturday 7a-7p Sunday 1-5p		